



Iowa CACFP Group Infant Weekly Menu

Directions: Circle or write in each food served.

Current month & year _____

Revised 12/2004

Age	Meal	Infant Meal Pattern*	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
0-3 months	Bft	4-6 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Snack	4-6 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Lunch	4-6 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Snack	4-6 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
4-7 months	Bft	4-8 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		0-3 Tbsp IFC (Opt)					
	Snack	4-6 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
	Lunch	4-8 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Ft and/or Veg (Opt)					
	Snack	4-6 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
8-11 months	Bft	6-8 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		2-4 Tbsp IFC					
		1-4 Tbsp Ft and/or Veg					
	Snack	2-4 oz HM or IFF or Ft Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice
		0-½ slice Bread or 0-2 Crackers (Opt)					
	Lunch	6-8 oz HM or IFF	IFF/HM	IFF/HM	IFF/HM	IFF/HM	IFF/HM
		1-4 Tbsp Ft and/or Veg					
		2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or 2-8 Tbsp Cheese; or 1-4 oz C Ch or Ch Food or Ch Spread					
	Snack	2-4 oz HM or IFF or Ft Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice	IFF/HM/Juice
		0-½ slice Bread or 0-2 Crackers (Opt)					

* Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.

Note: Prepare the amount of breastmilk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.

Abbreviations

C Ch = Cottage Cheese Opt = Optional
Ch = Cheese Tbsp = Tablespoon
Ft = Fruit Veg = Vegetable
HM = Human Milk Oz = Ounce
IFC = Iron Fortified Infant Cereal
IFF = Iron Fortified Infant Formula